

# INNER CONNECTIONS

*Outer Success*

## *Life Coaching and Mentoring For Emerging Adults and Parents*

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### **Information Packet**

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Young adults transitioning from a structured living environment such as home, boarding school or an emotional growth setting have many choices to make on their path to adulthood. Inner Connections supports emerging adults as they seek to understand their choices and develop sustainable life skills while moving from a dependent to interdependent life. We support young adults or their parents/guardians as they discover a way to achieve their goals, make their own decisions, and clarify their choices.

## **Programs**

Inner Connections offers coaching and mentoring programs designed for an individual to begin working with us from wherever they are, figuratively and literally. Each coaching relationship is individualized and process oriented.

### **Coaching Intensive for 18-24 year olds:**

- Intensive coaching in a semi-structured independent living setting
- Aftercare support for students transitioning out of structured settings
- Life skills development and support
- Parent support

### **Distance Intensive**

- Weekly coaching sessions via telephone to supplement in person contact
- Participation in group sessions for students living in the Keene area
- Coaching for distance students includes a day per calendar month of intensive coaching where a coach travels to the student

### **Distance Coaching**

- Students who have moved out of the coaching house and want additional support
- Young adults and families who are seeking any type of transitional support
- Anyone who is looking to activate change in their life

### **Parent Coaching:**

- *Individual Coaching:* Local or telephone coaching support
- *Group Coaching:* Bi-weekly group tele-classes

## Program Description: Coaching Intensive Program

The Coaching Intensive Program immerses the young adult, ages 18-24, in a process to understand how his/her values and beliefs create their personal experience. The young adult lives independently in a supportive coaching house apartment with others of the same gender who are participating in IC's coaching and mentoring program. The coaching house creates a community living arrangement supporting the young adult, who is learning to navigate independent living. A life skills mentor lives in the apartment building and facilitates daily check-ins with the house members. Daily check-ins, weekly individual sessions, and group meetings with life coaches as well as a mentor provide the tools for reflection and activation. A coach and life skills mentor are both available for support with life skills such as energy management, budgeting, time management, resume/application writing, study skills, healthy meal planning, and related topics. The coaching house is a supportive, drug-free environment that promotes healthy living and community involvement.

While staying at the IC coaching house, residents will be expected to find employment and/or attend school for a minimum of twenty hours a week. Students are also expected to participate in daily and weekly rotating chores.

Inner Connections coaching house does not offer full supervision, but the house does offer the following:

- Individualized coaching and mentoring
- Daily check-in with mentors and coaches
- Weekly group coaching sessions with mentors and coaches
- Parent support including: tele-classes, bi-weekly parent calls, phone/email support
- Opportunities for self reflection and self care (including: yoga, meditation, healthy meal planning, exercise, journaling)
- Home visit support and planning
- Career planning and support

Inner Connections Intensive Coaching Program requires a more intensive application process. The process includes a parent interview, a student interview, completion of an application, and conversations with education consultants, programs, and/or therapists who may have supported the young adult in the past.

### Coaching House Apartment Location:

The Inner Connections coaching house apartments are located in Keene, New Hampshire. All apartments offer a cooperative living environment, house rules and a supportive environment as a transition into independent living.

With Mount Monadnock as the stunning backdrop, Keene provides Inner Connections students with the amenities of a small city along with the joys of country life. The apartments are located downtown and within walking distance of the Inner Connections office and Keene State College. Keene offers a thriving community for attending college, volunteering, employment, recreation, and social activities.

### Program Description: Distance Intensive Coaching

The Distance Intensive Program is available for young men and women in both Keene and the surrounding areas. This option is intended to give a wider array of options for young adults truly wanting the experience of independent living. These students are sometimes graduates of our coaching house who decide to stay within the community, renting apartments of their own. Students may also come to Keene with the intention of receiving coaching aside from the coaching house experience.

Young adults live in their own apartments, while attending all Inner Connections morning focus meetings and three weekly groups. They have the same access to IC staff as our intensive students do, yet are often students that want a further level of responsibility.

The distance intensive option is also available for students outside of the immediate Keene area. IC staff will travel one day per calendar month to meet with a student directly for a full day of coaching support. The student will also have access to their coach weekly during appointed call times. Students are welcome to additional support throughout the week as needed. The distance intensive option can be extremely useful for college students.

### Program Description: Distance Coaching

The Distance Coaching Program is individualized personal coaching for teens, young adults, and their families. Coaching clients participate in one coaching session per week, and are also invited to join bi-weekly group coaching calls. Distance coaching contracts are renewed monthly.

Distance coaching is often used for students that have made a transition from the coaching house. These are students who are looking for an additional level of support as they make their way towards the next step. This service can also be useful to teens, young adults, and families who have experienced emotional growth programs and are seeking transitional support. Coaching serves as a way for people to activate change in their life.

Distance Coaching offers coaching sessions that are conducted weekly by phone and/or as face-to-face sessions for people living in the Keene area. Also available within the distance coaching program is the option for a coach to travel to see the young adult (and family) in their current living situation. The coach, student and family will then develop a coaching plan to launch a weekly telephone coaching relationship. Coaching calls make it easy to participate from the comfort of your own home, office or while traveling.

### Program Description: Parent Coaching

The Parent Coaching option is available to any parent and/or guardian who desire to improve their relationship with their children. Parents with an emerging adult participating in an Inner Connection coaching program are required to participate in bi-weekly phone calls and tele-classes. Doing so provides times to reflect on their own emotional and spiritual questions as the child in their life does the same. We offer the same tools to both parents and students to take responsibility of what is within their control.

The following Parent Support options are available through Inner Connections:

**One-on-One Coaching:** The sessions are conducted over the phone typically but face-to-face meetings can also be arranged. Parents/Guardians may participate together or individually.

**Group Coaching Tele-classes:** Parent group tele-classes take place bi-weekly as a conference call. Parents dial into our conference line with a PIN number to join us in discussing varying topics with the support of a coach and other Inner Connections parents. This option is available to parents of Inner Connections students, along with any parent looking to improve their relationship with their children by working on communication skills and ways to help support their young adult.



## Inner Connections Summary of Fees

	<u>Intensive</u>	<u>Distance Intensive</u>	<u>Distance</u>	<u>Parent</u>
Assessment Fee (One time fee)	\$250	\$250	n/a	n/a
Monthly Program	\$5025	\$2200	\$750	\$750
Discretionary Account	\$300	optional	n/a	n/a
Tele-class	included	included	included	\$300/ 8

**Discretionary Account:** (required for coaching house students, optional for distance intensive)  
This account is set up for individual expenditures, such as clothing, prescriptions, or a special trip. The student discusses the use of this account with a mentor or coach. We require that this account be maintained for the duration of the young adult's involvement with Inner Connections.